



**Fun & Games**  
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# SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



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THURSDAY, AUGUST 21, 2014

CORONADO COLLEGE, ATCHAFER, OR.

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## CCR has successful first year

The first official Co-Censorship Round (CCR) was presented on May 20 to Coronado College's newsmen and women students by John Tabala, college president, and Mike Dornier, vice-president of Student Affairs. Dornier's involvement included not only welcoming us as a Student Life leader and participating in multiple Censorship Leadership workshops. Learning Skills workshops and Online for Non-pressing workshops.

The CCR was officially launched at Coronado College in September 2013. It provides a search engine to find various on-campus opportunities for the students to increase their growth and development outside the classroom. Since its launch, the CCR has offered more than 200 opportunities for students to get involved with students in over 1,000 student participations in the 2013 fall semester and 2,400 student participations in the 2014 winter semester. These opportunities are available to all students at Coronado College and vary from various volunteer opportunities, clubs and societies, committees, recreational activities, leadership, conferences, and workshops and training.

"The workshops were three days with my schedule offering two of the same workshops at different periods of time. Dornier said 'I chose the ones that will help the both to my future and to my students. All the workshops I posted posted to my post.' I

started to develop my leader ship skills not only for the college but for where I am going to the workplace as well.

Being a new student, there may be challenges with meeting new people and finding resources on-campus. With the CCR, students can easily search for all the opportunities available to them and all the same time meet their future colleagues at Coronado.

"It is great to meet people and make new friendships. It is a nice way to meet friends and being able to say hi to them in the hallway. Dornier said 'Let's meet other students. Dornier has used the CCR to contribute to building a welcoming and positive community on-campus.'

Getting involved with the CCR has allowed students to develop transferable skills which they can apply toward their current and future employment. It can also be used as concrete evidence to support the skills they have learned and developed outside the classroom. "It is important to put it in your portfolio and attach it to your resume to show what you did and you need to develop. Dornier said 'CCR is a great resource to grow at. Coronado College with opportunities available from all areas of the college. To find out how you can get involved, contact your representative and make the most of your time at Coronado. Meet the Student Life director at 1100 S. 20th St. S. at the Dean's office."

CCR is a great resource to grow at. Coronado College with opportunities available from all areas of the college. To find out how you can get involved, contact your representative and make the most of your time at Coronado. Meet the Student Life director at 1100 S. 20th St. S. at the Dean's office."



JOHN TABALA

John Tabala, Coronado's president and Mike Dornier, vice-president of student affairs, were the first recipients of a certificate of appreciation for their role in the launch of the CCR. The certificate was presented by John Tabala, right, president of Coronado College, and Mike Dornier, vice-president of student affairs.

### PRESIDENT'S MESSAGE

## Develop new skills, embrace new challenges

Welcome to the 2014-15 academic year. Whether you're returning to Coronado to resume your studies or joining us for the first time, I hope that you will find your experience here to be positive and rewarding.

We're undertaking great projects with some major projects over the last few months. The new Athletics & Recreation Center and the expanded Learning Resource Center at the Dean's campus are just two examples

of how the college is growing and improving to meet the needs of our students and the college community.

Many expansion plans are currently in development. We will continue to build our programs, including new programs, and provide opportunities for students to access the education and training that will open doors to successful careers and successful futures.

Growth and change are

important for institutions that respond to students as well as to your state to be the best that you can be and prepare for tomorrow. Future planning 2014-15. I encourage you to connect to personal achievement. Your ability to learn, develop, lead, and be a professional new challenge as well as the keys to both career and life success.

Get involved with our college community through the many activities and events

provided through Coronado. Students, Staff, Student Life, on-campus clubs and groups and the professional services linked to many Coronado programs. These opportunities will enrich your life and help you to be a leader and help sustain our vibrant community.

Your success matters. If you have questions or need more support in your program through your student par-

ty, there are many services available to meet your needs.

On behalf of Coronado, I am delighted to welcome you to the 2014-15 academic year. Work hard to achieve your goals, make the most of your time here and enjoy the many benefits a college education provides.

Success awaits you. Best wishes for a great year.

John Tabala  
President, Coronado College

# Now deep thoughts ... with Conestoga College

Random questions answered by random students

**What advice do you have  
for first-year students?**



**"Get to know the projects  
until the last minute."**

**William Brown,**  
second year  
preference, nursing and  
community studies

**"Come prepared and  
expect a lot of work. Pack  
your own lunch, because  
food is expensive."**

**James MacIsaac,**  
second year  
physics



**"Be what you love. Have  
give up, there's something  
out there for everyone."**

**Sarah Murray,**  
second year  
preference, psychology



**"To manage their time  
weekly otherwise it all  
piles up at the end."**

**David Williams,**  
second year  
biology and business studies



**"Expect to be in late at  
night and on weekends.  
Don't get distracted by social  
media."**

**Matt Taylor,**  
second year  
public relations

**"Be ready to have an  
outlook on a vast majority  
of careers."**

**Maria Ignatius,**  
second year  
preference, nursing and  
community studies



## FILBERT CARTOONS



## Get your game on in the Den

### INTERVIEW

Just because someone is about to drop take you on World Random, or send you flying off the track on Monday Night, doesn't mean you can't be friends. Ironically, these devilishly violent and hot-tempered moments often bring people together.

The Den at Conestoga College is more than a place for students to take a break off and play video games. It's also a place for conversation.

Located above the Security Office is a part of the college that often goes unnoticed.

"If you want to come here and meet new people or just want to hang out, the people are really friendly and Trevor's [Whitman, a second year business administration accounting student].

With PlayStation 4, Xbox One and Nintendo Wii, it caters to all. The Den is a place with a lot to offer student and staff.

"We really encourage new students to come enjoy our services because they actually pay for it [through a CCB fee]," said John Ellis, a third year supply chain and operations management student and Den leader.

This semester CCB is planning on adding a number of new games to their already impressive 60 game collection, and with new games means new opportunities for future events. Be prepared to attack in three ways: by strategy.

## Don't miss out! Apply now!

### Enrolled full-time?

You may qualify!

Each semester complete the General Application online and you will be considered for awards, scholarships and bursaries offered at Conestoga!

**Deadline: October 2, 2015**



It's easy to apply! Here's how:

- Open Internet Explorer to Conestoga's Home Page or MyConestoga
- Log into your Student Portal
- Select the Financial Aid
- Click on My Annual Application
- Choose the appropriate Session: Fall 2015
- Complete all applicable info and fees
- Review application and Submit

### Notes:

- If you have a financial need complete both the Budget and Financial Need Info and Fee
- Changes to your application can be made up until the deadline date—make sure to finish and Submit.

Check your Conestoga Email Account regularly for updates and additional awards available from [awards@conestoga.on.ca](mailto:awards@conestoga.on.ca)



**CONESTOGA**  
Greater Learning and Living

**STUDENT  
FINANCIAL SERVICES**



# Library open during reno

## BY CAMER PRIGMORE

As we know, libraries are the heart of any school. It is an area where students have access to information, quiet study and resources to help them during their academic years. And the library at Canastota College is no exception. It has a wide variety of resources, but the one that sticks out the most is the information service desk. Though it looks like any ordinary "book desk," it is actually one of the most important parts of the library.

"We can help with a huge range of things, but we take especially an interest in what our students need," said David Vogel, director of the Library Resource Center (LRC).

Whether it is a simple question about a database where resources are needed for an assignment, the online class resource desk is where you want to go.

As for research, there are four program librarians who work with faculty and can come into the classroom and talk about any of the school's online resources. Students



David Vogel, Director of the Library Resource Center

can also book a consultation with a program librarian for further help.

The library is also expanding the number of books and increasing online access.

"Physical books are still in at about 20,000, but we have about 100,000 digital books," Vogel says. "We have about 1,000 physical books and about 50,000 online books."

She said that students will find most of the library's space

in the LRC in Building 600.

Having a wide variety of books is also a big benefit. Vogel said that students have the ability to access those books and know when they are out.

In addition to updating its collection, the library staff takes it to up-to-date databases, which students can also use. The library always significantly provides the space that students require, although there will not be any additional space.

"Even if we are full, it isn't that crowded," Vogel says. "It will be better if there is where groups should be working and where quiet study should be happening so that it is more conducive to both of those types of work."

Vogel says that the library's renovations will make it look as professional as the services they offer. The renovations will hopefully be finished before classes start in September, however, even if the renovations aren't done, the library will remain open.



Photo by David Vogel, Director of the Library Resource Center

can also go to the library's online resources, which are available 24/7. Vogel said that the library is open 24/7, but the online resources are available 24/7.

She said that students will find most of the library's space in the LRC in Building 600.

# Facebook page all about being 'spotted'

## BY KYLEIGH HICKELSON

What if you could post an anonymous message to that handsome guy you've been crushing on? Or to that individual who took the parking spot you were impatiently waiting for? Well at Canastota, you can.

The Facebook page, Spotted at Canastota, was created in October 2013 and was immediately a success. The creator, who remains anonymous, started the page for Canastota students after seeing other post-secondary schools had similar pages.

Currently, Spotted at Canastota has almost 4,000 likes and is regularly checked by students.

The next really useful feature was creating a post where students can share a photo of someone they've spotted and a description of what they've spotted.

The purpose of the Facebook page is to let students share a photo of someone they've spotted and a description of what they've spotted. The page is a place where students can share a photo of someone they've spotted and a description of what they've spotted.

"I think it is somewhat useful to know what's going on in the school," said James.

McCarthy, a technology teacher at Canastota, said that the page is a place where students can share a photo of someone they've spotted and a description of what they've spotted.

McCarthy said that the page is a place where students can share a photo of someone they've spotted and a description of what they've spotted.

To get a post on Spotted at Canastota, students must provide a message to the page through the email form.

Through the email form, the page is to be anonymous. The creator of the page said that the page is a place where students can share a photo of someone they've spotted and a description of what they've spotted.

McCarthy said that the page is a place where students can share a photo of someone they've spotted and a description of what they've spotted.

## Counsellor's Corner

### Welcome from Counselling Services



To those students who are beginning their college career at Canastota, welcome! Right now you are probably excited about opportunities to learn more about your area of study, meet other students and just find your way around campus.

We encourage you to take advantage of the many services that Counseling Services have designed to help you be successful. Professionally trained counselors can help you resolve barriers that stand in the way of you reaching your educational goals. Arrange to see a counselor if you have academic or personal concerns during your time at Canastota. Groups and workshops are offered for such issues as performance anxiety, stress management and relaxation. Counseling is free, voluntary and confidential. We can also refer you to other College and community resources that can help.

To those students who are returning for another semester of study, welcome back! We hope the coming term provides fresh ideas and challenges, new friends and activities and brings you closer to your academic goals. Come and see us in Counseling Services if we can help in any way.

Counseling Services

www.canastota.edu/counseling-services



**JEFF SCHERER**  
**CSI PRESIDENT**

PHONE 519-748-5131 x 3579

[jscherer1@conestogac.on.ca](mailto:jscherer1@conestogac.on.ca)

YOUR 2015/2016

# CSI PRESIDENT

My name is Jeff Scherer, the President for Conestoga Students Incorporated and I would like to welcome you to Conestoga College. Here at CSI, we strive each day to offer the best services in the interests of the students at Conestoga.

I am thrilled to be starting my second term as President of CSI. I am also looking forward to another great year of working with the students at Conestoga College and the Board of Directors to continue to improve the student experience and services on campus.

We are excited for all the new and returning students this year and are looking forward to showing you all the amazing things we have planned for this year. If you ever want to find out more about the services that CSI offers or about campus activities, please feel free to come by the office at any time to ask.

I hope everyone has an awesome time at Conestoga this year, and remember that our doors at CSI are always open!

YOUR 2015/2016

# CSI VICE PRESIDENT

Hey everyone, welcome to Conestoga!

My name is Cameron Jones, your CSI Vice President for this 2015-2016 year. I am incredibly excited to be your voice and your representation here at Conestoga College for these next semesters!

Coming from a background of Political Science from Wilfrid Laurier University, I came to Conestoga to pursue a diploma in Business Administration-Marketing. With three years of experience on the Board of Directors, I'm excited to continue my role as Vice President for this year. Being able to connect with students and creating a bigger sense of school pride is very important to me, and I look forward to making all student experiences across our campuses more inclusive and memorable.

Have a great year, and I look forward to seeing you in the halls, at our events, and in the CSI office!



**CAMERON JONES**  
**CSI VICE PRESIDENT**

PHONE 519-748-5131 x 3595

[cjones1@conestogac.on.ca](mailto:cjones1@conestogac.on.ca)



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- IMPORTANT DATES AND DEADLINES
- CSI SERVICES INFO
- STUDENT SAVINGS
- CSI SHUTTLE SCHEDULE

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ABOUT US ONLINE**

**conestogastudents.com**



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# FROSH SCHEDULES

Check out CSI's online events calendar  
[www.conestogastudents.com](http://www.conestogastudents.com)

## DOON CAMPUS

### TUESDAY SEPT 8<sup>TH</sup>

Agenda Handout  
*The Sanctuary*

### WEDNESDAY SEPT 9<sup>TH</sup>

BBQ Bonanza  
*The Pond behind the Main Cafe*

### THURSDAY SEPT 10<sup>TH</sup>

Food Truck Fair  
*Behind D and F wing*  
Foam Party  
*Evening Event*

### FRIDAY SEPT 11<sup>TH</sup>

Free-zie Friday  
*The Sanctuary*

## CAMBRIDGE CAMPUS

### TUESDAY SEPT 8<sup>TH</sup>

Agenda Handout  
*The CSI Service Hub*

### WEDNESDAY SEPT 9<sup>TH</sup>

BBQ Bonanza (Doon)  
*Hop on the shuttle for the Party at Doon*  
Pie Eating Contest  
*The Cambridge Cafe*

### THURSDAY SEPT 10<sup>TH</sup>

BBQ Bonanza  
*Outside the Cafe*

### FRIDAY SEPT 11<sup>TH</sup>

Free-zie Friday

## GUELPH CAMPUS

### TUESDAY SEPT 8<sup>TH</sup>

BBQ Bonanza  
*The Courtyard*  
Agenda Handout  
*The Cafe*

### WEDNESDAY SEPT 9<sup>TH</sup>

Pie Eating Contest  
*The Cafe*

### THURSDAY SEPT 10<sup>TH</sup>

Guelph Game  
Jamboree

### FRIDAY SEPT 11<sup>TH</sup>

Free-zie Friday

### TUESDAY SEPT 8<sup>TH</sup>

BBQ Bonanza  
*Front Courtyard*  
Agenda Handout  
*The CSI Service Hub*

### WEDNESDAY SEPT 9<sup>TH</sup>

Pie Eating Contest  
*The CSI Forum*

### THURSDAY SEPT 10<sup>TH</sup>

Waterloo Game  
Jamboree

### FRIDAY SEPT 11<sup>TH</sup>

Free-zie Friday

## WATERLOO CAMPUS

CONESTOGA  
STUDENTS INC





BRIAN CLARK



DITA DRAGUSHA



HOLLY FEATHERSTONE



COLIN GAUDET

## YOUR 2015/2016 BOARD OF DIRECTORS



HAYS KEMP



COLTON LAUZON



GURPAL SINGH KHATRI



SCOTT WYLES

The role of the CSI Board of Directors is to communicate and create relationships with our members, and advocate on behalf of all Conestoga Students. You will see board members at CSI events all year long who are eager to connect with as many students as possible. Keeping your best interests at heart is in their best interest because they are students too.

**IF YOU HAVE ANY COMMENTS OR CONCERNS ABOUT YOUR STUDENT EXPERIENCE, YOUR BOARD MEMBERS ARE HERE TO HELP YOU OUT IN ANY WAY THEY CAN!**

EMAIL US →

[CSIBOD@CONESTOGA.CA](mailto:CSIBOD@CONESTOGA.CA)



Conestoga Students Inc



@CStudentsInc



@CStudentsInc



# Students juggle school and self-employment

## BY MICHAEL MCKINLEY

A lot of students end up getting part-time jobs to help them pay the necessities in the extra spending money. But some students choose to work for themselves rather than someone else.

**Dustin Lee** has been a Chemtopia graphics designer student. He has been running his own photography business since she was 19 years old.

The owner of my company is IDER Photography and I offer a variety of photography services like wedding portraits, family photos, headshots and more. Anything to help grow my portfolio as the designer. I want to go when I finished school, which is in photo editing for the magazines. Richards said.

**Kylee McGary** is a part-time nursing student at Chemtopia College because an employer could not find a replacement for her last year after becoming that tired with having to juggle work, school and family life. McGary is a direct care company that sells environmental friendly and organic health and beauty products.

At first, I thought I was really working a part-time job for someone else and I came across an opportunity to start my own business a few months ago. It was too difficult trying to juggle my whole life and the time of my family through the summer while working for the nursing team and to continue looking a degree. McGary said.

Mike Miller has been selling vintage and retro items online since October 2014 on eBay. He used to work for an online store and as an art gallery where he learned a lot about buying, selling and how to grow Chemtopia Miller's online business going to Chemtopia to study business.

"I sell vintage housewares and furniture. My time is spent between researching different designers, items, furniture and time spent and searching the items at thrift shops, garage sales, estate auctions and other dealers. From there I offer the items on my online shop. Fabular Retro where they're born chosen up. Miller said.



Mike Miller's online business

Some students would rather work for themselves, including Mike Miller, who runs an online vintage shop.

Being self-employed is not for everyone. Though it requires self-discipline and time, time management and passion to maintain and grow a business.

"Self-employment is great for a person who is passionate about a particular thing that

they can offer a service for. Miller said. "You have to be passionate because that is a time-consuming activity and the rewards are slow moving. Part-time work has the benefits of income and reliable income with a set schedule and hourly rate.

One of the big part-time advantages is working for yourself. It's the freedom to set your own hours and work around your course load.

"I allow you the freedom to plan around your work and life and it allows you to determine your income. Should you want to make more you can adjust your workload. Miller said.

Richards said, "It is nice because you can build your own brand and you don't need to depend on someone else to help you develop your skills and grow. Everything you do is your own personal asset and reflects on you. You also have a choice in which direction your company goes.

McGary said, "Running your own business has a lot more advantages especially when you're in school. Being self-employed is much gratifying and rewarding. Working

part-time equals more money but it can be challenging at times. Once I can stop at home with my loved ones, I will try my own business and enjoy what I'm doing.

There are many different entrepreneurial paths and students can take which one school depending on their skills. Students can offer different services such as tutoring, landscaping, painting or tutoring artists. People may want to try their hand at selling their creations online or at craft fairs or can try selling products as an independent consultant.

"I would recommend taking up something on the side and starting your business. Richards said. "Having the job on the side helps accountants and also helps to reduce the stress on students going through with finances during school. Of course, everyone wants to drive hard but also it is a little time of money immediately but things that can wait, it takes time and one can always need to remember that what you put in is what you can expect back.

## Take advantage of War Amps' key tags

### BY LARA LAMBERT

Without even realizing it, new school year can be rewarding. Fortunately for Chemtopia students, the War Amps can make at least one detail less stressful.

The War Amps key tag can save you time in the application process and 100% and has awarded more than 1.5 million Canadians with their key tags. The basic principle of the system is simple: The War Amps associate, have tags which are attached to a set of keys. If you are out shopping or eating and lose your keys, the person who finds them can put the tag back on a Canada Post mailbox. From there, Canada Post sends them to the War Amps who delivers the key tags to the person. Not only does the program help people find their keys, but it also sends them back to you.

The better you also can the number on the key tag and a detailed course will be dispatched to deliver them directly to the owner. The return process can take as little as a few days depending on how quickly the keys are found and how fast the finder decides to return them.

The service is also free — it only requires your address and some contact information

to order a set of keys from the War Amps website. For a student, starting a better school year — and saving they all lost money or later — a service like this can reduce a lot of worry when it comes to replacing something as important as keys. As a result, I put my spare keys into a Canada Post mailbox and received them on an envelope on my doorstep about 10 days later.

"It really helps on who finds your keys and the War Amps is a company with the War Amps. Lambert has been involved with the program, from her childhood to her adult life, starting at age 14 when he first lost his keys on a train as a teen and lost his right leg above the knee. As a teenager, he was involved in the CRISP (Canadian Red Cross Injury Prevention) program and helped manufacture key tags as a group of friends.

"I basically grew up in the association. Lambert said in a phone interview.

The War Amps was formed by veterans in 1953 in the form of a War Amps Club and the key tag program was introduced later as a method of employing amputees. The service is free but donations are gratefully accepted. Go to [www.waramps.ca/keys](http://www.waramps.ca/keys) for more information.

## STUDENT LIFE

SHAPE YOUR EXPERIENCE

Engage with Student Life and enhance your Chemtopia experience!

### RESPECT

BE THE DIFFERENCE

Contribute to a welcoming and inclusive campus community with Student Life's Respect Campaign.

### CR

CO-CURRICULAR RECORD

Record your co-curricular experiences and enhance your portfolio by using the Co-Curricular Record.

### CONNECT

LEADERSHIP WORKSHOPS

Develop your leadership abilities and make an impact on others by participating in the Connect Leadership Workshop Series.

[www.chemtopia.ca/student-life](http://www.chemtopia.ca/student-life)

[studentlife@chemtopia.ca](mailto:studentlife@chemtopia.ca)

# **HOROSCOPE** Week of August 22, 2005



**Aries**  
March 21 - April 19



**Libra**  
September 21 - October 23

Your excitement will carry on to others around you as this new life yours will out keep that you love it.

You're moving in with someone you don't know why not get to know him or her the best night. Maybe you out the door earlier.



**Taurus**  
April 20 - May 20



**Scorpio**  
October 24 - November 21

How worried about things that don't matter right now. Focus on the new you'll be starting something new. Take advantage.

Don't let your excitement out of your new outlook on your life. Take control of the new and change forward.



**Gemini**  
May 21 - June 21



**Sagittarius**  
November 21 - December 21

New place, new school, new life. You're moving in with someone you love. Keep that attitude for the rest of the week.

This week will be perfect for you. You can finally prove to everyone how much you are not independent. You are under them all period.



**Cancer**  
June 22 - July 22



**Capricorn**  
December 22 - January 20

You're nervous but don't let it show. Your new path will soon give you peace.

The new responsibility increased upon you will keep you busy but don't forget about people you are leaving behind.



**Leo**  
July 23 - August 22



**Aquarius**  
January 20 - February 18

You're stubbornness will hurt you don't let it. This is something new don't panic.

You're hanging with laughs and new ideas for this new year. You can overcome and try your advantage. Show them what you're up to.



**Virgo**  
August 23 - September 22



**Pisces**  
February 19 - March 20

People around you are not sure for the next step but you're taking each step with grace.

You're worried about the new adventure and your worry is leading you to the excitement. at it. Let it go and try something new.



## Useless Facts

The average wind-up toy is 100 miles per hour.

Mats and hoses don't swim.

Rhino horns is the only country with a national dog.

Ancient Egyptian priests would taste every new fruit their land had.

A woman's teeth never stop growing. They are worn down by the animal's constant gnawing on both leaves and vegetables.

Camel milk does not curdle.

## Sudoku Puzzle

		8		4	3	6		5
	3	9		6				1
1				9				
					1			2
9		6		8	7	4	3	
8		1	5			7		
				7	1			3
3		2			9	1	7	
4		7		2		9		

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

## Word Search

College life														
G	U	L	Y	M	E	P	R	O	F	E	S	S	O	R
N	S	E	R	G	S	T	R	E	D	U	T	S	D	X
S	C	A	S	S	I	G	N	M	E	N	T	S	S	P
Y	P	H	D	H	O	M	E	W	O	R	K	C	K	N
Y	J	O	F	O	T	S	E	D	A	R	Q	A	Q	E
O	P	L	R	T	R	U	D	G	W	F	O	L	S	
E	F	O	G	T	O	M	Q	M	Y	X	H	E	B	I
K	E	A	Z	I	S	M	I	G	E	A	N	T	T	R
G	D	N	H	S	O	J	S	T	T	Z	R	E	X	R
P	S	S	E	R	I	S	U	N	O	X	D	R	E	A
S	L	U	Z	A	Z	R	P	J	V	R	L	I	T	R
J	I	U	H	V	E	U	M	E	X	X	A	D	Y	R
U	V	S	C	H	O	L	A	R	S	H	I	P	B	U
L	S	M	A	X	E	C	C	O	F	I	P	F	Z	S
C	X	C	R	O	B	S	E	P	U	T	C	S	L	M
W	K	S	K	G	H	C	R	J	L	V	X	O	J	I

ASSIGNMENTS  
DEAN  
PROFESSORS  
COMMUNITY  
GRADES  
ERAS  
HOMEWORK  
LECTURES  
LIBRARY  
LOANS  
TEXTBOOKS  
SCHOLARSHIP  
STUDENTS  
LAGS  
CUO  
BROK  
CAMPUS  
CAFETERIA  
VARSITY  
SPORTS  
CLUBS  
PLUG

## Got a question? Head to the info desk

### BY BRADLEY BORN

When asking a question, you're asking for the first time there are no wrong doors and no wrong different places. Even the faculty. Tim Hershon is okay with the super long line. You can't help but feel overwhelmed.

At Clatsop's Dean's Office, the Student Life Center has a sign that reads where you can get help. It is by Door 3 and across the hallway you have been searching for.

This desk is staffed from Monday to Thursday, 9 a.m. to 5 p.m., Friday 9 a.m. to 4 p.m., and Saturday from 10 a.m. to 3 p.m.

Staff are friendly and knowledgeable student leaders who will answer any questions you may have.

Emma Bradshaw who works part-time at the desk said staff will be glad to approach staff even if they are working on the computer. "Come up and interrupt us, we are all friendly, we're here to help."

Some of the things they can assist you with include:

■ Changing dorms and information about the Student Life Center

- Housing group-work rooms
- Getting contact information for Clatsop's staff and faculty

Assisting you with the Great River Council based and Clatsop's campus map.

In a typical day staff get asked between 60 and 100 questions on over a year they get asked thousands of questions.

Bradshaw said the student questions she has never been asked (and it has been asked more than once) was where a person picked her or her car.

The most common questions are:

- Where classrooms are
- Where professors offices are
- Professors' schedules (staff do not have access to these, but they will give you the professor's contact information)
- Where bus passes and student cards are put separately
- Where the Old student hall or where housing is
- Where the third floor of living is because it's hard to find
- And where various areas are located throughout the college

## Get active with intramurals

### BY LARRY BRADLEY

Clatsop college is interested in sport. You're likely to find yourself on an outdoor or even indoor court surrounded by people you hardly know and only the frequent expressions of what the next few minutes are going to be like. Perhaps you're in a new city or even a new place in your country and you want to do more with your spare time than watch Netflix on an endless loop.

Clatsop College's intramural sports programs offer students a chance to play a sport they love and remain active. First, students can try free trials, but the point is to have fun and be involved in college intramurals are enjoyable.

According to Dr. John Harty, a psychiatrist with Harvard University, everyone knows that exercise makes them feel better, but most people have no idea why. He explains about the subject in a press release saying "We exercise it's because we're burning off stress or reducing muscle tension or burning endorphins and we know it's at that. But the real reason we find it good when we perform hard pushing is that it makes the brain function at its best."

This focus on brain, daily activities, learning. Through his career as a psychiatrist, Harty has explained the value of our brains and endorphins. Harty encouraged activity, social interaction and learning. An active lifestyle for students can be critical in their academic success. Even just getting out of the house or doing a part-time job.

Students don't even need to worry about their skill level when it comes to intramurals. There's a chance to be a member of a sports league if there wasn't that, but not the point. Intramurals are about having fun and having fun and you don't need to be a star athlete to do either of these things.

This is a great opportunity to make new friends, play sports and watch your college experience. Just take time to be involved in college sports and you can be a star athlete to do either of these things.

Currently, Clatsop College has intramural programs for volleyball, basketball, soccer, aquatic ball, hockey and ice hockey. To learn more about intramurals, students may need to pay a fee in order to participate.

depending on which sport they choose as well as ensure they have the proper equipment necessary for the sport. Intramurals are not exclusive to sports, so we will do group.

If you're interested in participating in a new sport, contact Bradshaw at the college. He is open to any suggestions that students might have to improve the intramural program.

Intramural sports are different from school sports, should not conflict with any class time. That is a good opportunity to take a break and refresh your mind. Bradshaw said.

The intramurals are also a chance to take a break from school sports to give the advantages of being active. It's a chance to be a student who is active and participate in a cooperative group activity. A secondary lifestyle might be tempting to a student who feels overwhelmed but being a student should be the answer.

Students have to try and get over their nervousness and fear of starting a new semester and focus on their health. This approach ensures that even when stress builds and students seem overwhelmed, they are empowered enough to think clearly.



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## CSI board members discuss goals

BY NICHOLE BROWN

Conestoga Student Inc. has a new board of directors this school year after an election was held last summer.

The eight successful candidates were: Daniel Singh, Colin Gaudin, Dana Dugan, Matty Patterson, Brian Clark, Hope Penning, Colin Lauman and Scott Wylie. Each will bring creative new ideas to the table.

According to Alfred Karolins, the primary student officer at CSI, 888 students at the college ran their bid to be the student council 200 more students than last year.

Students were able to vote online via their college email account, something CSI implemented due to the lack of student voting the previous year.

The election and a record for the number of candidates running, with 18 students in the electoral race. Seven of the eight winning candidates possessed diploma with a brief description of what they hope to bring to CSI in their newly appointed positions.

Holly Patterson

Having my involvement with leadership opportunities and social activities to all programs is a top priority for me. I already have a youth mentor in mind – and she is interested in visiting Conestoga.

Grip of Singh Gaudin

My purpose is to help others and Conestoga College has given me the opportunity to take a step forward and fulfill it. I will do my best to make

me a stronger and more united community at Conestoga.

Colin Lauman

My goal is to give you all a voice. I welcome the opinion and voice of students at all Conestoga students so that we may serve you to the best of our ability.

Dana Dugan

I want to keep students informed of CSI as well as introduce students to a new happening at the college. I also want to try to create good news for students in study and do their work, especially in the Waterloo and Conestoga programs. I also want to strive to get additional students in the parking lot to create student unity.

Hope Penning

I would like to continue with the initiatives that I started this year but want to try to finish such as an advisory student council. I would also like to help with the transition of new events that directly affect student pride such as competitions between campuses, intramural sports events, concerts and games.

Colin Gaudin

I plan to continue administering the student programs. I also plan to collaborate with students to make life there better for students as well as work on the bar to make it something to be proud of.

Scott Wylie

I want to make a change to what the college community

## You are what you eat

BY NICHOLE BROWN

They say you are what you eat and at this time of year, what would the majority of college students look like?

Most people think you would be a good size student, not so much of it. Here at Conestoga you can get a lot for a little bit. A salad or bowl of fruit however, can cost \$5.

That is one of the reasons why some students experience the first of "freshman 15" where they gain 15 pounds in their first year at a post-secondary institution.

However, according to Glenn Greig, a health nutritionist for the Department of Waterloo Public Health and Community Services, understanding eating is only one reason of the weight gain.

"We are trying to get away from promoting healthy eating as the basis of weight, and are promoting diet quality as factors at helping people feel better. It is related to mental health as well, so eat."

College is a new world for many students and some do not anticipate how less consuming and alcohol the environment can be. There is a heavy homework load, a stressful

family and social life, a possible part time job as well as attempting to get enough sleep at night and a student can easily become eating healthy to the bottom of their to do list. That is why both mental and physical health take a hit in the first few months at college or university.

There are, however, some small changes students can make.

"What you eat is usually determined by what is around you. Surround yourself with healthy food and try to limit keeping unhealthy foods around," Greig said.

Colin Lauman can be found at home but trying to eat is not the way to prosper.

"If you let yourself get hungry, you are more likely to overeat and eat your next meal. Eating regularly provides energy for your brain to learn and being hungry is likely to negatively affect your learning process," Greig said.

Of course, eating alone also plays a huge role in making the freshman 15. However, don't use exercise to gain weight for your eating habits. There are also other ways your classroom is full of weight management.

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